



National Nutrient Database for Standard Reference

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Statistics Report 19087, Candies, white chocolate

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	1.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Energy	kcal	539	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	2254	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	5.87	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Total lipid (fat)	g	32.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Ash	g	1.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Carbohydrate, by difference	g	59.24	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	0.2	--	--	0.2	0.2	1.0	--	--	1	Analytical data from the literature, partial documentation	--	12/2006
Sugars, total	g	59.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Minerals													
Calcium, Ca	mg	199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Iron, Fe	mg	0.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Magnesium, Mg	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Phosphorus, P	mg	176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Potassium, K	mg	286	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Sodium, Na	mg	90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Zinc, Zn	mg	0.74	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1996
Copper, Cu	mg	0.060	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
Manganese, Mn	mg	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Selenium, Se	µg	4.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
Thiamin	mg	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
Riboflavin	mg	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
Niacin	mg	0.745	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
Pantothenic acid	mg	0.608	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6	mg	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Choline, total	mg	29.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	0.56	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, RAE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Retinol	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	05/2007
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin A, IU	IU	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2003
Vitamin E (alpha-tocopherol)	mg	0.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone)	µg	9.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lipids													
Fatty acids, total saturated	g	19.412	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/1996
4:0	g	0.314	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
6:0	g	0.155	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
8:0	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
10:0	g	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
12:0	g	0.629	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
14:0	g	0.797	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
16:0	g	7.947	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:0	g	9.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total monounsaturated	g	9.097	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
16:1 undifferentiated	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	8.990	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total polyunsaturated	g	1.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:2 undifferentiated	g	0.910	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:3 undifferentiated	g	0.103	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cholesterol	mg	21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006

Amino Acids**Other**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/1996
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006